



Resources for the DCoE November 2013 Webinar

Integrating Mobile Technology Into Existing Treatment of Psychological Health and Traumatic Brain Injury

1. [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury](#) (DCoE) provides information and resources about traumatic brain injury (TBI), psychological health issues and combat stress specifically tailored to health care professionals.
2. [National Center for Telehealth and Technology](#) (T2) is a DCoE center and comprised of clinical psychologists, researchers, interactive designers and technical specialists who develop behavioral health assessment, screening, reference and treatment tools for the military community.
3. afterdeployment.org provides TBI information for providers, service and family members.
4. The [T2 Mood Tracker](#) is a mobile app permitting users to monitor, track and display a range of emotions (e.g., anxiety, depression, concussion, post-traumatic stress) in a graphical spreadsheet.
5. [Military Kids Connect](#) is a website that provides information for parents who seek to assist their children in coping when a parent has posttraumatic stress disorder (PTSD) or sustained a physical injury.
6. [Breathe2Relax](#), a T2 mobile app stress management tool, helps reduce anxiety through diaphragmatic breathing exercises.
7. [BioZen](#) is a T2 designed mobile app to show service members their physical level of relaxation.
8. The [PE Coach](#) (prolonged exposure) is a mobile app for use in conjunction with PTSD treatment.
9. [PTSD Coach](#) is a mobile app designed to assist active-duty personnel and veterans experiencing PTSD.
10. Nearly half of American adults are smart phone users according to the [Pew Research Center's 2012 Internet and American Life Tracking Survey](#). The survey examined the increased smartphone ownership and use.